

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

FEBRUARY 3, 2006



Lance Cpl. Roger L. Nelson

Anthony Ashley, Patrol Squadron 2, point guard, drives down the baseline for the layup to help defeat MCAF 57—37, Jan 25, in an intramural basketball game at the Semper Fit Center.

## VPU-2 punishes MCAF on court

**Lance Cpl. Roger I. Nelson**  
*Combat Correspondent*

Patrol Squadron 2 hammered Marine Corps Air Facility, 57- 37 in an intramural basketball game Jan. 25 at the Semper Fit Center.

The VPU-2 Wizards' size advantage was too much for the MCAF team to overcome from the get-go, and any speed advantage the MCAF team thought they had never materialized.

Roderick Dubose, VPU-2 coach, recognized the Wizards' size advantage, but he attributed his team's dominating performance on more than size.

"We passed the ball really well and used great communication during this game," said Bates. "We all played really hard and the big man (Charles Kendley) opened it up for us to make the shots we needed to win."

An Andy Bates layup in last few minutes of the game sealed the 20-point win for the Wizards, who controlled the game from the opening. Bates seemed to score at will, as the Wizards held a double-digit lead for most of the game.

With 13 minutes left in the game, Bates scored on two back-to-back 3-pointers almost instantaneously, bringing the score to 41—23.

The VPU-2 squad's confidence was evident from court-side.

"There's no way they can catch us now," said Dubose. "This game is all over, better luck next time."

The lead at halftime had only been 10 points, and the MCAF squad didn't yet realize they were out of the game.

"We just need to play better, it's like the size of their players is making us scared or something," said MCAF's Brandon Robinson at halftime. "Our defense is looking sloppy, and we need to kick it up."

However, the Wizards saw their strategy working, and they were not ready to let down.

"Our big boys are tearing them apart," said Dubose, VPU-2 coach. "We really just need to keep doing what we're doing. It

seems to be working so far. If anything we need to have a little bit better defense and keep it man-to-man. If we keep it up there's no doubt in my mind this game is in the bag."

VPU-2 wasted no time taking charge of the second half, with Kendley opening the scoring again with 2 points after grabbing a rebound. Kendley had also scored the first points of the game with a layup.

*See VPU-2, C-4*



Lance Cpl. Roger L. Nelson

Charles Kendley, center, VPU-2, shoots for a 3-pointer Jan. 25, at the Semper Fit Center to help dominate Marine Corps Air Facility, 57—37 during an intramural basketball game.

## Children's Dental Health Month begins

**Cpl. Michelle M. Dickson**  
*Combat Correspondent*

With February upon us, people think a lot about Valentine's Day, which usually brings candy and, unfortunately, this can lead to tooth decay.

The month of February is also known as National Children's Dental Health Month, and is designed to teach children the importance of dental hygiene.

Dental health month originated as a one-day event in Cleveland, Ohio, Feb. 3, 1941, but has grown to a month-long event that stretches across the country, according to the American Dental Association Web Site.

In recognition of the event, members of the 21st Dental Company here are working to ensure children around the island take good care of their pearly whites.

"We want to make sure that we inform both children and parents about how important dental health care is," said Navy Lt. James M. Thompson, general dentist, 21st Dental Company. "For the children, we like to make sure that we teach them in a fun way, so the information sticks with them."

The Beaufort, S.C. native has been participating in Children's Dental Health Month for the past five years, but this will be his first year participating in the recognition here.

This is an annual event for the members of the 21st Dental Company. During the month they visit a variety of different schools, where they put on skits, play games and interact with children to inform them of the importance of good dental hygiene.

"We visit both schools on base and off, and teach students from pre-k, up to third and fourth grade," said Thompson. "When we visit pre-k schools, such as the Child Development Center, we like to give the parents the opportunity to join their children so they can receive the information as well and help their children understand."

Along with providing fun information about how to properly use fluoride, how to properly brush teeth, and about the impor-

*See TEETH, C-5*

## Hammerheads no match for Pack



Lance Cpl. Edward C. deBree

Hammerheads forward Garret Rentz tries to slip the puck past the goalie in a hockey game at the Kamiloiki Rink in Hawaii Kai, Saturday. The Hammerheads lost 5—4.

**Lance Cpl. Edward C. deBree**  
*Combat Correspondent*

The Kaneohe Bay Hammerheads were handed a defeat in their opening game of the season, but their spirits remained high.

In the first game of the second season of the Oahu Inline Hockey League, the Windward Wolf Pack defeated the Kaneohe Bay Hammerheads, 4—5, Saturday, at the Kamiloiki Rink in Hawaii Kai. Both Teams are part of the Squirts Division, which consists of players 10 and younger.

"This is the first game and

I'm looking forward to the rest of the season," said Christos Hatzigeorgiou, Hammerhead coach. "This team (the Hammerheads) usually wins a lot of games — we did last season. We played good today, but not our greatest, because some of our guys were tired, because they played in another game earlier today for the select game, kind of like an all star game. But we can't wait for the next game."

Hatzigeorgiou was not making excuses; however, he was sure to credit the opposing Windward Wolf Pack.

"The other team beat us fair

*See PACK, C-4*

## For dental patients . . .

**Press Release**  
*American Dental Association*

We don't usually think of a newborn as having teeth. However, at birth, the crowns of the 20 "baby" or primary teeth are almost completely formed, and they are hidden from view in an infant's jawbones. The primary teeth gradually erupt through the gums during the first 2 1/2 years of life. The four front teeth — two upper and two lower — usually erupt first, beginning as early as six months after birth. Most children have a full set of primary teeth by the time they are 3. The child's jaws continue to grow, making room for the permanent

(adult) teeth that will begin to erupt at about age 6. Primary teeth begin to shed between ages 6 and 7. This process continues until about age 12. The chart and photograph identify the names of the primary teeth and provide the approximate ages at which you can expect the teeth to erupt and shed. Primary teeth may be temporary, but they deserve good care. A child needs strong, healthy primary teeth not only to chew food easily, but to pronounce words properly.

This first set of teeth also holds a place in the jaw for the permanent teeth, which move into place as the pri-

*See DENTAL, C-5*



# Outdoor fun available at Outdoor Recreation Center



Various types of boats wait at the dock. The main attraction of Outdoor Recreation Center is its fleet of watercraft including fishing, sail, and ski boats.

**Ed Hanlon V**  
*Marine Corps Community Services*

A healthy heart leads to a healthy life. For this Valentine's Day and beyond, start taking steps to a healthier and happier you with the Marine Corps Community Services Outdoor Recreation Center.

The Center, located in Building 1698, boasts a variety of recreation resources for all tastes in outdoor fun. The main attraction of OREC is the Marina and its fleet of watercraft from fishing boats to pontoons, sail and ski boats to kayaks.

The Marina's staff provides boating safety and certification classes, sailing, and even windsurfing courses.

Boat owners can also store their vessels at the Marina's dry storage, open storage, slips or moorings.

Overnight camping is available at OREC's ocean or wooded campsites. With majestic views of the bay and surrounding Koolau Mountains, the sites are so private you'll forget you're aboard the base. For day use, the Center also maintains and offers covered pavilions at Hale Koa, Pyramid Rock and Fort Hase Beaches.

Outfit your camping trip or pavilion party with outdoor equipment, which is also available from OREC. Fishing poles, coolers, camping supplies, canopies, tables, chairs, and much more to fulfill your recreation needs are also available.

If you are preparing a private party, the Outdoor Recreation Center can help you plan the event. Families, units and groups can rent bouncy houses for the children, pig cookers for the barbecue fanatics, softball, volleyball or horseshoe sets and other games and supplies. They even offer portable generators to meet you party's power needs.

The Outdoor Recreation Center is open seven days a week. Their current operational hours are 8 a.m. to 6 p.m. During the summer months, their hours are extended on the weekends from 7 a.m. to 7:30 p.m. For directions or additional information, call 254-7666. To view a full listing of their services and for a pricing sheet, visit <http://www.mcc-shawaii.com/marina.htm>.

BASE SPORTS

## Saturday

**Headquarters Battalion Surf & Turf 5K-Run** — One of MCCS' most scenic races, the Headquarters Battalion Surf & Turf takes runners to the reaches of K-Bay, including stretches down the base's most panoramic beaches.

This race begins at The Officers' Club and winds down through the Kaneohe Klipper Golf Course and beyond.

The 5-kilometer run is part of the Commanding General's Semper Fit Series.

For more information, call the varsity sports coordinator at 254-7590.

**Interservice 4-on-4 Flag Football Tournament and Skills Challenge** — The 4-on-4 Flag Football Tournament and Skills Challenge being kicks off at Pop Warner , Saturday.

Trophies will be presented to the first- and second-place teams in the tournament as well as individual awards for the standout players and winners of the skills contest.

## Tuesday

**Friends of K-Bay Mixed Bowling League** — Looking to join a fun and exciting bowling league? Well, look no further than K-Bay lanes for the Friends of K-Bay mixed Handicap Bowling League. The league is open to men and women, beginners or experienced, singles or couples. It runs every Tuesday beginning Jan. 10 at 6 p.m.

For information, call 254-7664.

## Feb. 9 to 12

**SM&SP Pro Bowl Volunteer Opportunities** – SM&SP once again offers this exciting and fun-filled volunteer opportunity for Marines and Sailors in Hawaii. The SM&SP is looking for volunteers to help with the 2006 Pro Bowl. This opportunity is open to all ranks. Duties include stage crewing, prop crewing, and performer prop distribution and collection.

Due to show requirements, volunteers must be available to work Feb. 9 to 12. Volunteers will be given an official Pro Bowl Crew T-shirt, boxed lunches on Thursday through Sunday, and a ticket for the game. Transportation will be available. Sunday, all volunteers will be required to ride the bus, due to parking and accountability. The following is the schedule:

**Feb. 9: 4 to 10 p.m.**  
Meet at 3 p.m. in front of Kahuna's.

**Feb. 10: 5 to 10 p.m.**  
Meet at 4 p.m. in front of Kahuna's.

**Feb 11: 11 a.m. to 6:30 p.m.**  
Meet at 10 a.m. in front of Kahuna's.

**Feb 12: 9 a.m. to the end of the game.**  
Meet at 9 a.m. in front of Kahuna's.

## Feb. 12

**SM&SP Pro Bowl Tailgate Party** – The Single Marine & Sailor Program will host a Pro Bowl Tailgate Party Feb. 12 at Aloha Stadium.

Participants will meet at Kahuna's Sports Bar & Grill at 9 a.m. then given transportation to the stadium. The \$40 registration fee includes transportation, food and drinks, and an end-zone ticket. The party is open to all E-1s though E-5s as well as their guests, but is limited to 50 seats. Call the SM&SP Office at 254-7593.

## Feb. 15

**Youth Activities Sprint Sports registration ends** — Now is the time to sign up children for Youth Activities spring sports leagues. This season swings off with baseball, spikes down with volleyball, gears up with in-line hockey and gets down with wrestling. The registration ends Feb. 15. The leagues, presented by Windward Community Federal Credit Union, are open to dependents of active duty, Reservists, National Guard and DoD civilians. To participate, children must obtain a Children Youth & Teen Programs membership. Call 254-7611 for details.

Feb. 17

**SM&SP Dodge Ball Tournament** – SM&SP will host a Dodge Ball Tournament Feb. 17 at the Camp Smith Semper Fit Center from 11 a.m. to 1 p.m. Put together a six-person team and start practicing now. The tournament costs \$10 per team and is open to all eligible SM&SP patrons and invited SNCOs.

The SM&SP is a highly energized program with a singular mission: to address and enhance the quality of life for Single Marines and Sailors in a measurable manner. This is accomplished through six core components: quality of life, recreation, health and wellness, community involvement, life skills and career progression

The SM&SP is open to all unaccompanied E-1s through E-5s. Their office is located in Building 1629, and can be reached by calling 254-7593.

## March 25

**CSSG-3 Swamp Romp** — Break out your utility boots, but don't scrape the mud off just yet. The 12th Annual Combat Service Support Group-3 Swamp Romp is right around the corner.

Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay March 25, so start cross training now. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud.

For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

## Ongoing

Youth Basketball League

**Registration Extended** — MCCS Youth Activities has extended the registration period for Youth Basketball League. The league welcomes youths 6 to 17 and is open to DoD cardholders.

The cost is \$50 for YA members and \$60 for nonmembers. The league is open to all authorized patrons, including active duty and DoD civilian family members. A photocopy of a military identification card is required at registration.

Volunteer coaches are needed for this league. If you've been looking for a volunteer opportunity, here's your chance. To register, or for more information, call 254-7611.

## Semper Fit Center Offers it All — The



Semper Fit Center has an aerobics class for anyone and everyone who is trying to meet that New Year's resolution.

Check out as many of the following programs as you would like; yoga, cycling, tai chi, cardio kick, gut cut, step challenge, water aerobics, palates, marathon training, and much, much more.

For more information, call the Semper Fit Center at 254-7597.

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, MCCS Youth Activities' contractor offers Kenpo Karate Kobudo classes from 6 to 7:30 p.m. in Building 1391, located next to the Family Housing Office.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7597.

254-7610.

**Massage Therapy** — Massage therapy, by certified massage therapists, are available at Kaneohe Bay and Camp Smith.

Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

**Paintball Hawaii** — Nestled behind the Lemon Lot, is Paintball Hawaii.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283, for Friday appointments.

**Fishing Charters Available at MCB Hawaii** — The Bill Collector fishing charter boat, especially built for fishing, is available for trips off the coast of Windward Oahu.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

**Personal Trainers Available at Semper Fit** — For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will tailor a program, based on your physical needs and ambitions for \$5 per workout.

**Semper Fit Seeks Softball and Basketball Coaches** — The Semper Fit Varsity Sports Office is currently seeking men's and women's softball and basketball coaches. If interested, call 254-7590 for further information.

COMMUNITY SPORTS

**8th Annual Fort DeRussy Biathlon**

Fort DeRussy Beach will be the site of a biathlon and children's race, March 4.

The 8th Annual Fort DeRussy Biathlon and Keiki Run-Swim-Run will begin with the adults at 7 a.m. followed by the children at 8:20 a.m. in front of Hale Koa Hotel.

Adults can choose a long course, which consists of a 5-kilometer run and a 1-kilometer swim, or a short course, which is a 2.5-kilometer run and a 500-meter swim. Distances for the children's race vary by age.

Costs to register are: \$18 for individuals, \$16 for students and \$15 for military.

Affordable parking is available in the Hale Koa Hotel parking garage for military and general public.

Athletes who want to participate can register online at [www.active.com](http://www.active.com).

**Run to the Sun Heads up Haleakala**

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023-foot summit of Haleakala, legendary "Home of the Sun," and will take place March 25. This challenging course is not for the novice

marathoner. Entrants must be 18 or older and rigorously prepared to meet the challenge of the strict 10-hour time limit.

Detailed course and event information will be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration.

Entry fee is \$95 for individuals and \$150 for relay teams, if registered by March 17.

Runners can enter by mailing in a form available at [www.virr.com/run\\_2\\_sun.html](http://www.virr.com/run_2_sun.html) or by registering online at [www.active.com](http://www.active.com).

**Bellows Offers Adventure Programs**

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows outdoor adventures programs on their Web site: [www.bellows.afs.com](http://www.bellows.afs.com).

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take a guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapu:** Take a moderate 2 1/2-mile, round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction, and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

**Miniature Golf:** One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

**Driving Range:** Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

For more information, log on to [www.bellowsafs.com](http://www.bellowsafs.com).

**Hawaii Marine Accepts Briefs**

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com) or call 257-8835.





# The Bottom Line

(Editor's Note: It's back! "The Bottom Line" has returned just in time for the Super Bowl and Pro Bowl. "The Bottom Line" is a weekly sports commentary by written by two sports aficionados who sometimes don't see eye-to-eye. The Hawaii Marine staff welcomes the newest writer, Tony Blazejack, The Vice, who hails from Miami. Please send your "Reader's Strike Back" comments to editor@hawaiimarine.com and your suggestions will be considered. We look forward to hearing from you, whether you agree with one of us, both of us, or neither one of us.

## Which team will take home the trophy?

### The Texan

I want to start off by welcoming our readers back to the new and improved Bottom Line that I know, has been dearly missed by all of our sports fans, whether they think were amateurs or not. Also, I want to welcome our newest member to the Hawaii Marine Staff, a die-hard sports junkie like myself, The Vice, who I know will provide sports expertise to fuel the fire for the heated discussions in the months to come. Now, with the formalities taken care of, let's jump right into it.

Hasselbeck and his Seahawks will take down Roethlisberger's Steelers, 28—17 at Ford Field, Feb. 5, in Super Bowl XL. There, I said it. Now, before you crazed Steeler's fans storm down to your black- and gold-painted basements, accidentally crushing hundreds of Bill Cowher and Jerome Bettis bobblehead dolls under your feet as you walk, to plan your next hate-mail attack with your best and only friend — a life size poster of Mr. Terry Bradshaw — please, let me tell you why.

It's simple. I think the outcome of this game boils down to how well the two quarterbacks perform in the nation's spotlight on Sunday. Ben Roethlisberger, in only his second season in the pros, is not nearly seasoned enough in big game situations. He is no match for the swarming Seahawk defense. Sure, the kid's got a bright future ahead of him, but his hall-of-fame high-light reel won't start collecting footage until at least three years down the road. He's only 23 years old! I'm 23, and I just learned how to not drool on myself yesterday!

On the other hand, we have Matt Hasselbeck. Hasselbeck has been secretly honing and polishing his skills and working out any kinks in his play style while almost hidden in the respective shadows of pigskin phenoms Brett Favre and Trent Dilfer. I think this three-time Pro Bowler is finally ready to dump his protégé status

and cast his own shadow of greatness come Sunday.

Seattle coach Mike Holmgren says it takes three years to make a quarterback in the West Coast offense and five years for a West Coast QB to become good. Well, Hasselbeck has been runnin' and gunnin' in the West Coast offense for seven years now, and I think that's long enough to become great.

Roethlisberger may have a slightly higher rating than Hasselbeck, but take a look at the numbers that truly matter when it comes to taking home that win. Hasselbeck has thrown seven more touchdown passes than his counterpart and managed to keep his interceptions down to only nine. That does it for me right there.

So the Seahawks have a better quarterback in Matt Hasselbeck. I don't even need to mention Shaun Alexander's superiority over "The Bus." However, with big play-makers like Hasselbeck and Alexander setting the pace for Super Bowl XL, I think the game will be won by those players with names less glamorous. These unsung heroes are who get the job done — day in and day out. Names like Mack Strong, Seahawks fullback, are what great teams are truly made of. This hard charger has been busting heads on the gridiron for 13 years now, and he still plays like he's 25. Strong was the key to Alexander's 27 rushing touchdowns during the regular season, and his efforts didn't go unnoticed this year either. Strong earned himself a week in Hawaii to relax after his team takes home that coveted trophy.

**BOTTOM LINE:** The Steelers are the first sixth seed to ever reach the Super Bowl, but that will be as far as they go. Do you really think the they would even be here if Carson Palmer wouldn't have gotten hurt on the second play when they played Cincinnati Jan. 8? So, consider me a hootin' and hollerin' member of the 12th man crowd on Sunday.

### The Vice

OK class, let's review 2005. Looking back at the American Football Conference, all eyes were on the New England Patriots and their so-called dynasty. Within a few weeks, that focus shifted to Payton Manning and the seemingly invincible Indianapolis Colts.

I don't blame anyone who hopped on one of these bandwagons for at least a minute or two. For about a month, even I thought my beloved 1972 Dolphins' perfect season was doomed. Quarterbacks Tom Brady and Peyton Manning both lead impenetrable offenses that made the entire National Football Conference look more like a bunch of practice squads, when all cylinders were firing.

So here we are, two days away from an epic showdown between, queue Tim McGraw, please ... Seahawks and Steelers! I like it, I love ... huh? The Steelers?!

That's right. The dogs of the AFC are back once again after trudging through the playoffs as the sixth seed and riding a seven-game winning streak.

Sound like a boring matchup? Hardly. The Seahawks and the Steelers have defenses that match up much like two 300-pound sumo wrestlers staring at each other in the center of the ring, ready to plow over one another. In other words, this one is going to be physical.

The Seahawk's league-leading rusher and National Football League MVP Shaun Alexander goes head-to-head against the third-best rated defense in the NFL. Pittsburgh's Ben Roethlisberger, with the third-best NFL quarterback rating, faces Seattle's Matt Hasselbeck, with his fourth-best NFL QB rating.

So skip the rest of the formalities and get right down to it. The Seahawks have what it takes to win. They have been the prime example of efficiency this year. While everyone stared glossy-eyed at the Payton Manning show, the Seahawks slyly went undefeated at home and dropped only three excusable games. There is no doubt, between their rushing game, quarterback and solid defense, that they have proven to be the most complete team of the 2005 season.

So why, then, will they lose?

First off, Shaun Alexander will have to have the game of his life. The Steelers' defense limited their opponents to 80 rushing yards per game in the post season. They hit harder and with more consistency than any other defense in the league. Want proof? Look at how they dominated the lines against Cincinnati, Indianapolis and Denver.

The Steelers' solid D-line and aggressive secondary should force the ball out of Alexander's hands and into Hasselbeck's. Flush Hasselbeck out of the pocket, and he will make mistakes. Mistakes equal turnovers. The key, however, is containing Shaun Alexander.

Second, momentum is clearly in favor of the Steelers. Riding a streak of seven do-or-die wins, Pittsburgh has literally clawed their way to Super Bowl XL. In a season of no guarantees, momentum could be the most important aspect of this game.

Additionally, home-field advantage can be a big bonus (just ask the Seahawks.) Though the game is in Detroit, the Steelers will have tremendous support in the Motor City, largely due to Number 36.

Running back Jerome Bettis, the league's fifth all-time rusher, has had the kind of career that will transpire into "based on actual events" movies in 10 years. After last season's disappointing loss during the AFC championship to the New England Patriots, nearly everyone wrote him off. During the course of this season, amidst a pay cut and a third-row backseat in the Steelers' running game, nearly everyone wrote him off again. Everyone figured he was done. But Head Coach Bill Cowher and the Steelers didn't.

The Bus makes what will probably be his last stop along the NFL route in Detroit, where he grew up and played high school football. He knows it, his team knows it, and the Steelers' faithful piling into Detroit know it. He has been the fire lit underneath Pittsburgh for a decade and will lead his team on a collision course with the best team in the NFC, Sunday.

**BOTTOM LINE:** They say offense wins games, but defense wins championships. The Steelers have that defense along with the kind of fire and motivation that wins Super Bowls. Pittsburgh 24, Seattle 20.

## Sports around the Corps

# Troops in Iraq prepare for Super Bowl



Sgt. Josh H. Hauser

First Sgt. Timothy C. Tackett, an Upper St. Clair, Pa., native and Steelers fan shows off a Terrible Towel outside of his work space aboard Camp Taqaddum, Iraq. Tackett is the 2nd Marine Logistics Group (Forward), Headquarters Company, company 1st Sgt and is currently deployed in support of Operation Iraqi Freedom.

### Lance Cpl. Wayne Edmiston

2nd Marine Logistics Group

**CAMP TAQADDUM, Iraq** — Every day, service members in Iraq put on their gear and prepare for battle in the war on terror, but one day a year the two top teams in the National Football League suit up and battle to see who will be the next Super Bowl champion.

In Iraq, fans of the Pittsburgh Steelers and Seattle Seahawks hope their schedules will allow an opportunity to watch the game and support their team. They may not be home with their immediate family to watch the game, but from thousands of miles away a few die-hard fans hope for the victory of their gridiron favorite.

Whether they are swinging their "Terrible Towel" or playing as the "12th man," service members in Iraq are cheering for their squad.

Gunnery Sgt. Stephen B. Johnson, administrative chief for Combat Logistics Regiment 25, 2nd Marine Logistics Group (Forward), will be watching the game in his normal ritualistic fashion — alone.

He is hopeful for his team and expects their tough defense, which has only allowed six touchdowns in the post season, to get them through the game, said the 30-year Steeler fan.

"Our defense is much stronger than theirs," said the Washington, Pa. native. "Lately, Pittsburgh's offense has been rolling, so I think they will win 24—10."

Johnson especially cheers for his favorite player, Jerome "The Bus" Bettis, whom in his 13 years in the NFL has 13, 662 career rushing yards.

Another Steelers fan of 33 years, Lt. Col. Timothy B. Seamon, executive officer of Combat Logistics Regiment 25 had some words of advice for Coach Bill Cowher before the big game.

"Keep doing what got them there: Aggressive, creative, smash-mouth football," said the Baden, Pa. native. "Don't go into the prevent defense when you get ahead, that makes me more nervous than indirect fire."

Seamon will be watching the game with his fellow headquarters Marines and doesn't want to break the luck that this custom has brought them.

"Bring the trophy back for us Pittsburghers in Iraq," Seamon said.

Many Pittsburgh-area natives can be seen around Taqaddum with their Steelers memorabilia spread around their desks with hopes of their fifth Super Bowl victory.

Sgt. Jeremy M. Frick, II Marine Expeditionary Force liaison noncommissioned officer-in-charge, will have his grandparents tape the game and mail it to him.

He recollects watching the Seahawks at the feet of his grandparents as a young child and the tradition continues even thousands of miles away.

"I have been a Seahawks fan forever," said the Issaquah, Wash. native. "My whole family is Seahawks fans."

His favorite player is Shaun Alexander, who has

rushed for 1,880 yards and scored 27 touchdowns this season for the National Football Conference champions.

Frick is excited about Seattle's first trip to the championship and thinks they will walk away with a big win.

"I think it will be a really good game," Frick said. "But the Seahawks will go all the way."

Frick said if he could be in Detroit standing in front of the team, he would have some words of motivation for the players.

"Prove everyone wrong, and take it for all your boys in Iraq and Afghanistan," said Frick.

He also suggested a strategy for Coach Mike Holmgren on how to defeat the hardened Steelers defense.

"Pound it through the middle," Frick said. "Catch them off guard, then throw it right through them."

He feels the key will be the Seattle offense which has generated more than 720 yards in the post season.

Seahawks fan Cpl. Casey J. Burk, the patient's effects noncommissioned officer for Surgical Shock Trauma Platoon, Combat Logistics Regiment 25, 2nd MLG (Fwd.), feels the tenacity of the defense will be a huge deciding factor.

"I honestly feel the Seahawks will come from behind and win by three," said the Auburn, Wash. native.

He urges the members of the Seahawks to play from the heart for the service members overseas. When in the United States, Burk attended many Seahawks games with his father.

"They need to hand the ball to Shaun Alexander as much as possible," Burk said.

Frick and Burk are one of many "12th men" here in Iraq who will be filling the stands from afar, supporting the Seahawks on Sunday.

Whether a troop's loyalties lie with the black and gold or the blue and silver, from thousands of miles away in the fight against the global war on terror they will be encouraging their home team to win one for them.



Lance Cpl. Wayne Edmiston

A Johnstown, Pa. native stands with a "good luck cookie" that was sent from home Feb. 1. In Iraq, fans of the Pittsburgh Steelers and Seattle Seahawks hope their schedules will allow an opportunity to watch the game and support their team.



VPU-2, from C-1

The MCAF team had come into the game with a strategy for their opponents, but the VPU-2 team was prepared from the onset. “They’re a lot bigger than the members on our team,” said Ahamed H. Sheriff, MCAF coach. “Our team’s strategy is to just use our speed to our advantage and just run the ball. I think we’ll run them to death.” “They think they’re going to use speed against our team’s size, but I’ve got just as much speed as any of them,” said Bates.



Lance Cpl. Roger L. Nelson

Brandon Shields, Patrol Squadron 2, shoots a basket in the last few moments of the game to contribute to his team demolishing MCAF, 57—37.



Lance Cpl. Roger L. Nelson

Andy Bates, VP-2, shoots for a fadeaway shot during an Intramural Basketball game Jan. 25 at the Semper Fit Center here.



Lance Cpl. Edward C. deBree

Hammerheads Kylie Kaialua weaves through defenders with the puck, Saturday, at the Kamilioiki Rink in Hawaii Kai. Kaialua was a key player for her team, however; the Hammerheads lost the game against the Wolf Pack.

PACK, from C-1

and square,” said Hatzigeorgiou. “They had a great defense, especially their goalie. We had a lot more shot attempts, and he made some great saves.” Garret Rentz led the Hammerheads in scoring, with two goals. Aleks Stroud scored the third goal when he slipped a puck by the Wolf Pack goalie’s head, closing the gap to within one at 4—3 in the second period. But the Wolf Pack squad was relentless, and with the Hammerheads on their tails, they pushed through the Hammerheads defense to score a fifth – the final score of the game. The Wolf Pack had taken a 4—0 lead in the first period before the Hammerheads were even able to score. Rentz eventually opened the scoring for his team, slipping two shots past the Wolf Pack goalie in a two-minute span. His two goals closed the period at 4—2. Hatzigeorgiou acknowledged that the Hammerheads have some remaining work to do. He said his team needs to practice passing and opening shots in order to have a good season, which he is looking forward to.

Hammerheads forward Garret Rentz shoots the puck during a hockey game at the Kamilioiki Rink in Hawaii Kai, Saturday. The Hammerheads lost against the Winward Wolf Pack 5—4 in the first game of the second season.

Photo by Lance Cpl. Edward C. deBree





# TriWest says generic/brand drugs the same

**Mark Jecker**  
*TriWest Healthcare Alliance*

Parents want the best medicine for their children, but there's confusion when it comes to the differences between brand name and generic drugs, and the false perception is that generic brand aren't as good.

The U. S. Food and Drug Administration requires that generic drugs have the same chemical composition, potency and affect the body in the same way as their brand-name counterparts. Only the inactive ingredients that determine the drug's shape, color and size are allowed to differ from those of the brand-name version.

According to the U. S. Food and Drug Administration's Office of Generic Drugs, approximately 42 percent of brand-name drugs currently have generic equivalents. Because those generics can cost from 40 to 60

percent less than the brand-name drugs, the savings is passed along to the beneficiary as a lower copayment and to the U.S. taxpayer in the lower purchase price for the generics.

Every shopper wants to get the most value for his or her money, and the Department of Defense policy requiring generic drugs for filling TRICARE prescriptions saves TRICARE beneficiaries money, both as consumers and taxpayers.

TRICARE's three-tiered drug policy requires that generic equivalents (Tier One) be automatically substituted for brand-name medications (Tier Two). Exceptions to this policy are made only if no generic equivalent is available or if the prescribing physician documents a medical necessity for the brand-name medication.

## TEETH, from C-1

about how to properly use fluoride, how to properly brush teeth, and about the importance of regular visits to the dentist, the company's Sailors hand out to the children coloring books, tooth brushes, floss, and added information for the parents to use.

"We talk to a lot of children during Children's Dental Health Month, and even if we reach only half of them, I know we still made a difference," said Thompson. "I don't have any children yet, but it feels great to know that you can really reach out to someone and make a difference for the better."

The main message that the Sailors are trying to deliver to the children and their families includes giving knowledge and awareness about dental health, and informing families about the TRICARE Dental plan, said Navy Capt. Greg Kvaska, company commander, 21st Dental Company.

"It's difficult sometimes for families to have a good stable dental plan," said the Cleveland, Ohio native. "It's a voluntary plan and we encourage TRICARE family dental so the whole family can have a good plan, not just the military member."

Kvaska said the members of 21st Dental Company are enthusiastic and willing to teach the children about dental health and there is never a lack of people who want to participate in the events.

"Early health remains a

responsibility of a parent, but we try to educate children at an early age," said Kvaska. "The cost for dental care is astronomical and it's not going to come down. If children are educated at a young age, hopefully their better care will prevent certain visits to the dentist."

For more information on dental health care and TRICARE dental, visit [www.tricare dentalprogram.com](http://www.tricare dentalprogram.com).



Lance Cpl. Roger L. Nelson

Joseph P. Kirk, dentalman, 21st Dental Company, performs a teeth cleaning on a Sailor in recognition of Children's Dental Health Month, members of the 21st Dental Company here are working to ensure children around the island take good care of their teeth.

## DENTAL, from C-1

mary teeth are shed. Primary teeth should be kept clean and healthy so that a child can remain free of cavities and oral pain. Infection from decayed primary teeth can damage the permanent teeth developing under them.

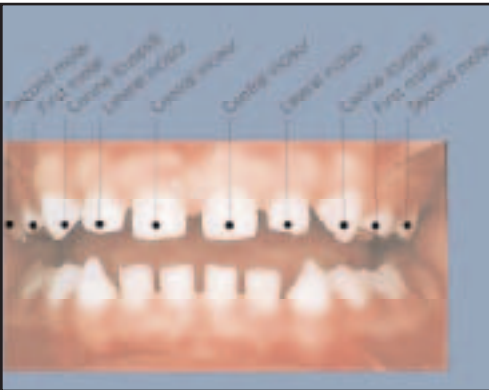
Parents and other caregivers may not realize that primary teeth are susceptible to decay as soon as they appear in the mouth. Tooth decay in infants and toddlers sometimes is called early childhood caries, baby-bottle tooth decay or nursing mouth syndrome. This condition can destroy teeth. It occurs when a child's teeth are exposed frequently to sugary liquids for long periods. You can help reduce the risk of



tooth decay. Never allow your infant or toddler to fall asleep with a bottle containing milk, formula, fruit juices or sweetened liquid. Don't dip a pacifier in sugar or honey. If your infant or toddler needs a comforter between regular feedings or at bedtime, give the child a clean pacifier recommended by your dentist or pediatrician. Wipe your child's gums with a wet washcloth or a clean gauze pad after each feeding. Begin brushing your child's teeth with a little water as soon as the first tooth appears. Supervise toothbrushing to make sure that children older than 2 use only a pea-sized amount of fluoride toothpaste and avoid swallowing it. Children should be taught to spit out remaining toothpaste and rinse with water after brushing.

"For the Dental Patient" provides general information on dental treatments to dental patients. It is designed to prompt discussion between dentist and patient about treatment options and does not substitute for the dentist's professional assessment based on the individual patient's needs and desires.

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# Americans recognize February as 'American Heart Month'

**Lance Cpl. Roger L. Nelson**  
*Combat Correspondent*

In 1963, Congress deemed February as American Heart Month. A disease such as stroke, which happens to be the nation's number-one killer, is one reason for this month.

According to the American Heart Association Web site, [americanheart.org](http://americanheart.org), Congress' main reason for urging the president to make February American Heart Month, is to push Americans to do what they can to join the battle against heart diseases.

Another goal of American Heart Month is to raise money for research and education about different heart diseases, according to [Americanheart.org](http://Americanheart.org).

"There are a lot of things people can do in order to avoid having heart problems," said Michelle E. White, personal trainer, Semper Fit Center, here. "Exercising right is one of the main things a person can do."

According to White, a Saint Petersburg, Fla. native, a person should do cardiovascular exercise at least three times a week.

"When a person is doing

the cardio workouts, they should be at least 20 minutes long to get the full effect," said 36-year-old White. "Cardiovascular workouts are the best exercises for your heart."

White also explained how certain foods could help to prevent heart diseases such as a stroke.

"Eating a lot of low and saturated fats can increase your chance for heart problems," White said. "The best foods to eat are foods that decrease the amount of cholesterol in a person's body. Foods like oatmeal, olive oil, and all types of fish are really good for the body."

Dan Dufrene, Health Promotion coordinator, Semper Fit Center, said he thinks a month being set aside that focuses mainly on correcting heart problems is a good thing.

"Heart diseases, like stroke, are a huge problem with Americans today and should be recognized," said Dufrene. "The Semper Fit Center has a lot of different classes and work-out machines that can help a person avoid having

heart problems. A lot of the machines at the gym work your cardio and will make it even harder get heart diseases."

Pfc. Timothy Regan, traffic management specialist, Traffic Management Office, Headquarters Battalion, explained how his shop does a lot of cardiovascular physical training and that he thinks it helps with the fight against heart diseases.

The 22-year-old said that his shop does a lot of running and PT four days a week. Sometimes they run up to the Kansas Tower, on base, or do different long-distance runs to give their hearts a good workout.

Regan, a Boston, Mass. native, said stroke is very common in his family so he's going to do what it takes to avoid future heart problems.

"I'm going to continue to run and do my basic workouts with my shop for the month," said Regan. "But knowing it's American Heart Month, I will probably hit the gym a few more times and eat a little better in recognition of the month."

